



USCENTCOM

Family Newsletter

MacDill Air Force Base, Tampa, Florida

Issue 25, Aug/Sept 2008

This issue contains information about DoD, USCENTCOM and community activities; all events are subject to a change of date, time or place. The editorial views expressed in this newsletter are not to be considered official Department of Defense or USCENTCOM policy. Articles submitted for the Oct/Nov 08 USCENTCOM Family Newsletter must be received by 15 Sept. To view back issues of the newsletter since Jan 2006, go to www.centcom.mil/sites/uscentcom1/Family%20Support%20Newsletter/Forms/AllItems.aspx



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BACK TO SCHOOL ISSUE

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U.S. CENTCOM FAMILY READINESS COORDINATORS
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Directorate & Senior Leadership Notes

Lynne and I are delighted to return to USCENTCOM and the Tampa Bay Area!

We are excited to re-join such a great Joint team. The Soldiers, Sailors, Marines, Airmen, Coast Guardsmen, civilians and coalition partners of this Command demonstrate the highest of standards in everything we do to execute the Global War on Terrorism. I look forward to serving with each of you in this vital mission.

We appreciate the sacrifice and support of our families and recognize their valuable contributions to the team and the fight.

USCENTCOM will be undergoing many leadership changes over the next few months and will continue to excel at a vast array of tasks and missions. We will continue to grow stronger as a team and take care of each other as we move forward.

The CENTCOM Family Readiness Program supports families with information that enhances the quality

of life and prepares them for all phases of deployment. We hope you elect to participate in this voluntary program that ensures our families remain fully informed and ready. If Lynne or I may be of assistance, please let us know.

We appreciate the warm welcome and look forward to meeting you at the USCENTCOM Family Picnic on October 17th if not sooner.

~ MG Jay W. and Lynne Hood

CCJ1—Personnel & Manpower Directorate

J1 Family, thank you for the continuous hard work you do each and every day! Summer is flying along. We want to remember a few key summer nuggets of wisdom below... but first let's recognize a few members of our J1 Family.

A warm welcome to the new arrivals to our J1 team: PO2 Sarah Finney who arrived in July and is working in MP, CW3 Earnest Lys who arrived in July and is working in DP, YN1 Sherry Michel who arrived in June and is working in DP, and Major Gary Thomas who arrived in June and is working in XP. Also, please join me in congratulating Captain Mary Milne who was promoted to Major and Staff Sergeant Christian Suber who was promoted to Gunnery Sergeant. Well done!!

As you and your family head out to take advantage of the beautiful weather and beaches of Florida before the kids head back to

school, I just want to remind everyone to be safe—particularly as it pertains to skin protection and water safety.

The Florida sun is beautiful...but it's also dangerous if you don't take time to protect your skin from hazardous UV rays. Therefore, take the advice of medical professionals and always apply sunscreen—especially to young children. When applying sun protection, let common sense rule: reapply it after you've been swimming or if you've been perspiring. When you start to feel your skin getting hot, cover up or consider going inside. A good hat will also keep the sun off your face...and your balding head (spoken from experience!).

When you feel like taking a respite from the Florida sun by heading into the water, think safety also. Many Florida beaches have lifeguards on duty—take advantage of this—again, especially if you have small

children with you. Once in the water, two of the most common emergencies on our beaches seem to be jellyfish stings and rip currents. If you've been stung by a jellyfish, seeking medical attention is the preferred response, depending on the severity. However, if medical assistance is not immediately available, there are things you can do: rinse with seawater—fresh water increases the pain. Do not rub the wound or apply ice to it. Remove tentacles with tweezers. Apply a paste of baking soda or mud to the wound. And hydrocortisone cream is great to relieve itching.

Rip currents are, unfortunately, somewhat common in this area. The best way to “free” yourself from a rip current is to swim parallel to the shore. The worst thing you can do if you find yourself trapped in a rip current is to panic; remain calm and, if one is

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CCJ2—Intelligence Directorate

The J2 families would like to give a warm welcome to Colonel Stephen G. Fogarty who assumed duties as the new Director of Intelligence as of June 2008. We would also like to welcome his wife Sharon and their children, Chris and Alison to the J2 family. Colonel Fogarty has served in a variety of staff and command positions in the Army and Joint Community. His most recent assignment was as Director of Intelligence, Joint Intelligence Operations Center-Afghanistan. Prior to that, he was Commander, 116th Military Intelligence Group and National Security Agency/Central Security Service, Georgia.

Colonel Fogarty was commis-

sioned in the Military Intelligence Corps in June 1984 as a second lieutenant through the ROTC program upon graduation from North Georgia College. Colonel Fogarty earned a Bachelor of Science degree in History from North Georgia College, a Master of Administration Degree from Central Michigan University and a Master's degree in Strategy from the U.S. Army War College, Carlisle Barracks, Pennsylvania. He is also a 1994 Graduate of the U.S. Army Command and General Staff College, Fort Leavenworth, Kansas.

Colonel Fogarty's awards and decorations include the Defense Superior Service Medal, Legion of Merit Medal, Bronze Star Medal,

Defense Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Armed Forces Expeditionary Medal with Arrowhead, Global War on Terrorism Expeditionary and Service Medals, Humanitarian Service Medal and the Joint Meritorious Unit Award. Colonel Fogarty has also earned the Ranger Tab, Master Parachutist Wings with Bronze Star and the Air Assault Wings.

We look forward to hearing from Colonel Fogarty and Sharon in upcoming newsletters. Once again, Welcome Aboard!

~ COL Duffy, Deputy Director
of Intelligence

CCJ5—Strategy, Plans, & Policy Directorate

Greetings to the J5 team! Susan and I hope everyone had a wonderful 4th of July and had a chance to spend quality time with your families.

First, I would like to welcome the new Deputy Director, Rear Admiral Michael Franken and his family to CENTCOM and the J5 family. We are thrilled to have you aboard and look forward to the journey ahead.

Hurricane season has begun with little activity so far, but keep in mind that it can change in an instant. Start your preparations now, if you haven't, by letting your families know your plans for evacuation and ensuring all your emergency supplies are available.

We have quite a few transitions

this summer with new arrivals and many farewells. First, I encourage everyone to extend a warm welcome to the following persons: Capt John Banitt, SSgt Tierra Bonseigneur, CPT Takeisha Booth, MAJ Jacob Dunn, POI David Eddy, Maj Joseph Galletti, Lt Col Adam Holmes, Maj Jeff Myer, Lt Col Marty Khan, MSgt Tresse King, CDR James Robinson, SSgt Kelly Salvo, Capt Michael Scales, LCDR William Shafley, Maj Phillip Snodgrass, and Lt Col Brent Wharton. Susan and I, as well as the rest of the Directorate, look forward to meeting you and your families, and having you as part of the J5 Family.

We extend our heartfelt thanks and best wishes to our outstanding, departing personnel—

LTC James Bruha, Lt Col Mark Baer, SSG Deborah Downing, Lt Col John Dobes, MSG Tammy Edwards, Lt Kurt Falkner, LCDR Eric Gardner, LTC Michael Hudley, CDR Brad Nissalke, Lt Col Jeffrey Stimpson, and COL Dean Siniff. One other "farewell" goes to LTC Lantz as the XO...he has moved over to Security Cooperation as a Branch—our personal thanks for all you have done during our transition. Best of luck to you all in your future endeavors.

Again, thanks to everyone for their hard work and dedication to the CENTCOM mission.

Please feel free to contact Susan or me at any time with your family readiness concerns.

~Maj Gen Robert & Susan Allardice

Email Spam: What You Can Do About It...

Email is probably the most useful tool on the Internet—it has made the world “smaller” and keeps people in touch with each other virtually by the minute. It's also one of the primary means our deployed soldiers use to keep in touch with families back home. What used to take weeks via “snail mail” can now be accomplished electronically in seconds. How far we've come!

Unfortunately, email also has its problems. Most notably, email has SPAM. Noted from Wikipedia, sending spam violates the Acceptable Use Policy (AUP) of almost all Internet Service Providers. Providers vary in their willingness or ability to enforce their AUP. Some actively enforce their terms and terminate spammers' accounts without warning. Some ISPs lack adequate personnel or technical skills for enforcement, while others may be reluctant to enforce restrictive terms against profitable customers.

As the recipient directly bears the cost of de-

livery, storage, and processing, one could regard spam as the electronic equivalent of “postage-due” junk mail. Due to the low cost of sending unsolicited e-mail and the potential profit entailed, some believe that only strict legal enforcement can stop junk e-mail. The Coalition Against Unsolicited Commercial Email (CAUCE) argues, “Today much of the spam volume is sent by career criminals and malicious hackers who won't stop until they're all rounded up and put in jail.” However, not every piece of junk email is created and forwarded by “career criminals.”

Some of us unwittingly contribute to the 100 billion daily spam messages worldwide by forwarding emails to our own personal address lists. Some corporate estimates show spam email accounts for 90% of all inbound email. “Forward this and get instant good luck” or “Forward this email to petition the President to veto [whatever] bill” are some common examples. Some emails also claim to help an ailing child or disaster-stricken family by donating a dime (or whatever) every time an email is forwarded.

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CCJ7—Exercises & Training Directorate

The J7 Directorate would like to congratulate the BRGHT STAR 09/10 team for planning an outstanding Concept Development Conference with the Egyptians in June 08. Significant work was accomplished and our efforts will ensure a successful execution next fall. As extensive planning efforts and travel continue for all of our exercises, I want to say how much I appreciate your sacrifices of time away from family and friends.

We welcomed four new members into the J7 family recently: Mr. James B. Philpitt, coming to us as a retired US Navy Captain; Maj Stephen G. Reny, coming to us from Maxwell Air Force Base; MAJ Tavira, coming to us from TRA-DOC, and Mr. John Metterle, coming to us from J5-SC. Mr. Philpitt will be working with

the Training Division and Maj Reny, MAJ Tavira, and Mr. Metterle will be working with the Exercise Division. The J7 team is glad to have you on board!

We also bid fond farewell to Lt Col Kevin A. Oliver, who transferred to take command overseas; LtCol Rick Rochelle who is headed back to the Marines in California; and Col Michael “Kato” Kawaguchi who is taking orders to Afghanistan.

A sincere thanks to all those who came out to the MacDill Bowling Alley and enjoyed our J7 Hail and Farewell on 6 June 08. ISI Manuel Delavina did outstanding work in coordinating a fun filled afternoon for all.

Summertime is here! This also means the beginning of another Hurricane Season. It is very important to ensure that the necessary Hurricane informa-

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CCC—USCENTCOM Coalition

Welcome! It is my pleasure to welcome you all to Tampa, and more specifically U.S. Central Command. We are thrilled to have you join us here, and hope your stay will be both rewarding and enjoyable. For those of you who are just joining us, Marty and I look forward to meeting you. We both feel that the friendships forged here through the coalition will be long lasting. To those we already know we look forward to doing more with you. To those already preparing to depart, we wish you safe travels and know that you will be missed. If we can ever be of assistance to any of you please don't hesitate to ask.

Thanks for being part of our team!

~ LTG Marty & Deanie Dempsey



Several Coalition spouses enjoy breakfast and coffee on 10 Jun 08 at Panne Rustica



MRS. DEMPSEY'S IRISH SODA BREAD

The sharing of recipes is a gesture of friendship known to military spouses around the world. Thank you, Mrs. Dempsey, for sharing your special recipe!

4 C sifted flour	1 egg, unbeaten
¼ C sugar	2 Tblsp caraway seeds
1 tsp salt	¼ C butter or margarine
1 tsp baking powder	1 1/3 C buttermilk
2 C raisin	1 tsp baking soda
1 egg yolk, well beaten (or a little cream)	

Start by heating the oven to 350 degrees Fahrenheit. Grease a 2 quart casserole dish and set aside.

Into a mixing bowl, sift together flour, sugar, salt, and baking powder. Stir in the caraway seeds. With two knives, scissor fashion, cut in butter until mixture resembles coarse corn meal. Stir in raisins.

In a separate bowl, combine buttermilk, egg and baking soda. Stir into flour mixture until just moistened. Turn dough onto a lightly floured surface. Knead lightly until smooth. Shape into a ball and place into the prepared casserole dish.

With a sharp knife, cut a 4" cross ¼-inch deep in the center of the ball. Brush with egg yolk

Bake bread about 1 hour and 20 minutes.

Cool bread in baking dish 10 minutes, and then turn onto rack to finish cooling. Slice, serve, and enjoy!

Directorate & Senior Leadership Notes



Senior National Representative from France Brigadier-General Pierre Gindre presents Lieutenant-Colonel Thierry Rubiella with the Légion d'Honneur at France's Fête Nationale Reception on 14 Jul 2008 at the Surf's Edge. The Légion d'Honneur is the highest award given by the French Republic for outstanding service to France.

CCHC—Headquarters Commandant

It is back to school time already! The sun and fun of summer fades as fall and a new school year rapidly approaches. This seasonal transition refocuses our attention to important school and safety issues. To facilitate your transition, we offer some valuable information links to share with family and friends.

As we re-enter the “back to school” season, a million questions arise for families.

A wealth of information is provided on the [Hillsborough Public Schools](#)

web site. With one or two clicks, one can access the school calendar, required forms for athletic physicals, immunization requirements, testing schedules, maps to each school and points of contact.

As we shift routines and time schedules, safety and accident prevention are again at the forefront of concern for ourselves and our families. As our children venture outside our homes and neighborhoods to school, we know there is a greater possibility for accidents. And we are correct

—pedestrian injuries are the second leading cause of unintentional death among children ages 5 to 14. Back-to-school season provides a great opportunity to teach kids common sense safety behavior. Help keep your children safe from unintentional injury by teaching them to travel safely to and from school. Visit the websites below for a number of safety reminders pertaining to [pedestrian safety](#), [school bus safety](#), and [safety tips for motorists](#).

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CCJ1—Personnel & Manpower Directorate, cont’d

(Continued from page 2)

near, try to get the attention of a lifeguard. If there is no lifeguard near, swim along the shoreline until you feel the pull is gone, then head to shore.

With water and summer safety reminders in mind, let’s remember to get out there and have fun this summer—but be safe. And,

as always, remember to take care of one another in our JI family—especially those families with deployed members or those in need. Our new JI Family Support Coordinator is POI Trotter; I encourage you to contact her with your ideas for this wonderful program. Additionally, if you need assistance of any kind she will be glad to help you. POI Trotter may be

reached at her work number (813) 827-6909.

Finally, if there is anything we can do for you—please let us know. There are no trophies on my mantle for mind-reading. Continue to do great things. Cheers!

~Col Steven Beatty

CCJ7—Exercises and Training Directorate, cont’d

(Continued from page 4)

tion is properly updated and that everyone has an effective evacuation plan in place should there be an emergency evacuation order.

Our Family Readiness Coordinators are: TSgt George Clark (813-827-6215, clarkge@centcom.mil) and SSG Dionne Warner (813-827-6214, warnerdl@centcom.mil). They are ready to provide any assistance

you might require. Please feel free to contact them. It is essential that family members have current office contact information in case of emergency and that the Family Readiness Coordinators have the most up to date information for you.

As a reminder, we are in the midst of a heavy travel schedule. We would like to thank all of our friends, family, and co-workers who continue to help out during our

many absences. It is greatly appreciated and the J7 would not be successful without your support.

Lastly, it gives me great pleasure to announce and congratulate the J7 Senior Enlisted Leader, TSgt George Clark, who was selected for promotion to MSgt. Well done and well deserved!

~ Col Kevin “Wolfy” Iiams

Family Readiness Center (FRC) Corner

Coordinators:

As we continue executing the GWOT the Command Family Readiness Program becomes ever more important for the following reasons: (1) it increases morale by accessing families to information about services and programs that enhance the quality of family life and prepare families for all phases of deployment; and (2) because we recruit individuals and, in most instances, retain families, it is also a factor in the retention equation. Your efforts are much appreciated and a vital link in ensuring that USCENTCOM remains "ready on the front, ready at the rear." Thank you for your rapid turn-around on CCR 600-19. The changes incorporated in this comprehensive revision will greatly improve our support of USCENTCOM Families.

Finally, please be reminded of the CENTCOM Family Picnic and the planning meetings presently scheduled for every Thursday (until further no-

tice) at 1330 in Coalition Conference Room 104.

We look forward to building upon last year's accomplishments and making this year's picnic the best ever!

The schedule of FRC meeting dates and newsletter deadlines follow:

13 Aug 2008

17 Sep 2008 (Oct/Nov Newsletter deadline: Monday, Sep 15th 15 Oct 2008)

Unless otherwise indicated, all FRC meetings are held on a Wednesday from 1030-1130 in the J4 Conference Room.

If I can assist you or your families, please don't hesitate to call me.

C.Q. Tillery, Chief

USCENTCOM Family Readiness Program

7-2320

CCHC—Headquarters Commandant, cont'd

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The standard definition of hurricane season is June 1 to Nov 30. The National Hurricane Center uses these dates because historically most storms occur within that 6 month span of time and because having a definitive time frame helps to heighten the public's awareness of the dangers of hurricanes. While we have finished almost half of the season, we still can't relax because two storms last year came at the very end of the season (late October) and after the official season concluded (December)! We have just three and a half more months of hurricane season. Stay vigilant and prepared by refreshing your [hurricane preparation plans](#) and fol-

lowing these [hurricane tips](#).

The Headquarters Commandant organization continues to work to further the efficient, continuous, responsive base operations and support to the headquarters here and forward in the AOR. As I look back at this time, I am again amazed and pleased with our team's work. The projects are varied and many and several are nearly monumental. Our team has again performed superbly and contributed splendidly. I send special thanks to the families who support each member here. I know that it is with your support that we have been able to achieve these fantastic accomplishments. Thank you.

During this period, we have bid a fond

farewell and God speed to the following individuals and their families: SSG James Lyons, retired Jun 08, TSgt Leonard Norris, SSgt Andrea Terrell, MSG Adrienne Nettles, Mrs. Crystal Haverlak, POI Mario Castaneda, SSgt Cornelius White, CPT Yoselin Garcia, SSgt Michelle Fullen, TSgt Tormacla Tillmon, SSgt Lonnie Autry, CSM Cedric Ford, retiring Sep 08.

We welcome and extend our hand in friendship to the following new members and their families: CW3 Ernest Lyas, MSG Lashawn Lyas, SMSgt Robert Partington, SFC Ivan Sanchez-Parrilla, SSgt Micheal Lopez, SPC Juan Olivio.

~ LTC Adam Schroeder

CCJ6—Command, Control, Communications, and Computer Systems Directorate, cont'd

(Continued from page 4)

IT Business experts say that 99.999% of these emails are bogus. An email that claims to collect a dime every time it is forwarded is simply not possible. If it was, we'd all be rich. We won't bore you with geek-speak, but email just doesn't have tracking mechanisms like that. Here's what does happen—if you forward an email (a bogus petition, for example), your email address is now added on a great list—one that can be used by spammers, phishers, “419” scams (advance fee lottery winners) and mainsleazers (corporate advertisers). Further, all those “feel good, get lucky” emails are doing the same thing—collecting addresses. All those addresses are collected in the email “header” and can be retrieved by anyone with a text editor.

How do you protect yourself? Stop forwarding email unless you know *exactly* what you're forwarding. How do you find out if something is legitimate? Go to www.snopes.com and look it up. Some emails come in saying “verified on Snopes.” Look it up for yourself. It will probably be bo-

gus. Spending an extra minute to validate an email could go a long way to protecting yourself by keeping your address off a mass list. That extra minute will protect you and whom-ever you'd forward an email to.

Phishing is another potential email problem that's not as widespread. According to some sources, only about 1% of email spam is a phishing attempt. However, 1% of 100 billion is still 1 billion emails a day, all phishing for information from you, the unsuspecting email user. The following corporations have recently been identified by IT security organizations as the biggest targets of phishing impersonators: Citibank, Smith Barney, Sun-Trust, Paypal, Wells Fargo, HSBC, eBay, USBank, and CitizensBank.

If you see emails from these companies looking to verify your data, you may want to suspect a phishing scheme.

Email spam is probably here to stay, just like the junk mail you receive through the regular mail system. However, most email client software now includes tools to handle junk mail and spam automatically. These filters will keep your email box free from

clutter. Feel free to contact the CCJ6 Helpdesk at 827-3766 if you'd like more information on email filters.

Here are some other email guidelines to follow:

- ☑ Don't open an attachment unless you know what type of file it is.
- ☑ Email is not a “secure” communications medium—never put banking information (account numbers, credit card numbers, etc.) in an email. When you send an email, it is usually stored in at least two places on the network besides your computer: the sending “server” and the receiving “server.”
- ☑ Don't “unsubscribe” to mailing lists that you've found yourself on. When you “unsubscribe,” you just let someone know that your email address is valid.

Email is a great way to keep in touch. If we all do our own little part to reduce spam and use email only for legitimate reasons, we'll help keep it available as a tool for our deployed military members to stay in touch with their families back home.

~ BG Mark Bowman

Family Readiness Programs—6MSS/DPF 828-0122

MORALE CALL - Family members are entitled to two free phone calls a month from their home to the deployed member (DSN only). Call 828-0145, get control number, then call the base operator at 828-1110 to use the control number. Calls are limited to 15 min.

VIDEO PHONE - Family members and friends of deployed members can utilize the video phone to see their loved ones while talking to

them (via DSN). is great for family celebrations, birthdays, anniversaries, new baby, etc.

PRIORITY LINE - Spouses that are left behind due to a deployment, TDY or remote tour, are entitled to a priority card that allows the spouse to move to the front of a designated line at the BX or Commissary.

GIVE PARENTS A BREAK - Free day care once a month for up to 4 hours, during the active duty member's deployment. Family members with children 6 months to 12 years can come by and pick up a referral to take to the Child Development Center (CDC). If not currently enrolled in the CDC, they are still eligible as long as you bring in their shot records with the referral.

The First Day of School by C.Q. Tillery

It was here at last. I'd tossed and turned with excitement all night until with the first grey light of dawn I arose bleary eyed, wondering whether my daughter was as excited as I. Tiptoeing into her room to wake her, I soon discovered there was no need because she was already sitting cross-legged in bed, as wide-eyed as a baby owl. Her eyes were brilliantly bright with excitement as she clamored from her rumpled bed to give me one of her tight little hugs. She shimmied and danced from foot to foot as she dressed herself in her brand new slacks, light-weight turtleneck, and v-neck woolen vest, so perfect for the chilly foggy mornings at Vandenberg AFB.

After breakfast, she proudly slipped her new book bag over her shoulders, grabbed her shiny new lunch pail and placed a newsboy's cap atop her neat little pig-tails. Hand-in-hand we headed out of the door. I ran back inside the house to retrieve the cam-

era because this was Ashley's very first day of school and her Dad was on a remote assignment. I wanted to capture every moment of it.

It was not until I snapped the last picture and she turned to enter her classroom that I felt a briny tear slide down my cheek. My baby was growing up before my very eyes and taking one of many first steps that would grow her into the person she is today—bright, articulate, creative... just wonderful, but then I suppose I am slightly biased. We moved 14 times during her dad's career, so there were many first days. Although I was a former military brat, like any parent, I worried. However, she turned out just fine.

...At the end of the school day, I returned with a bouquet of flowers for the teacher and one for Ashley. The bouquet for the teacher was a good investment because, during that school year and for many more that followed, Ashley marched to her own drumbeat and sometimes tried to set the cadence!



The Night Before

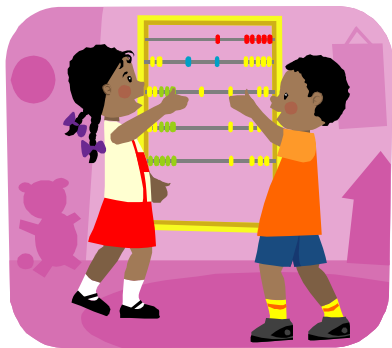


The first day of school can be equally traumatic for parents as for children. Here are some tips that will help make this special morning memorable and run smoothly:

- ☞ Review any "first day of school instructions" and share pertinent information with your child, so they, too, know what to expect.
- ☞ Assist your child in packing their backpack. If bringing a school lunch from home, allow them to select some favorite items. If purchasing meals, place money in an envelope with your child's name and "lunch money" written on it.
- ☞ After packing and rechecking their backpack, place it in a special place, such as near the front door, and use this location consistently.
- ☞ Review the next day's events with your child so they know what to expect. For instance you can begin by saying, "Tomorrow after breakfast, we will pack your lunch in your book bag and walk to school. Your teacher will greet you at the door. After I kiss you goodbye, she will show you to your seat and introduce you to the other children in your classroom. ..." Be simple and positive in your approach.
- ☞ Make sure your child knows where you will be while he or she is at school, in addition to when and how he or she will return home.
- ☞ Make sure he or she knows that you will pick them up if they become ill and assure them that the teacher knows how to contact you or a familiar backup person, should the need arise.
- ☞ Select the next day's clothes together. Ensure that your child and you get to bed on time because the day is likely to be trying for you both.

The First Day...

- ☞ Make sure your child has a good breakfast. (See article on page XXX)
- ☞ Set the tone by maintaining your composure and appearing cheerful and relaxed, despite how you may feel. If you stay positive it is likely your child will follow your example.
- ☞ Follow whatever protocol your school requires. However, it is always important to say goodbye to your child on the first day of school and every day afterward.



The following information assists military families with school age children to locate schools, determine registration requirements as well as compare and evaluate schools. Please remember that requirements change and district practices may vary. Therefore, residential school districts remain the best and most current source of information; and it is recommended that they be contacted directly.

Military families transferring into Florida often share common concerns and questions regarding education. Most questions can be answered at the [Florida Department of Education's website](http://www.fl.gov/education).

Within the website you will find links to individual school district sites and a Military Families' Assistance Page. The site is easily navigated and contains a wealth of information. Also, the Department of Education will happily answer any individual questions through email or by phone (please see the contact information page for appropriate numbers).

MacDill AFB is located in the Hillsborough County School District. Visit them on-line at <http://www.sdhc.k12.fl.us/> or call (813) 272-4000. Hillsborough County School Calendars are available at <http://www.sdhc.k12.fl.us/info/calendars/>. Hillsborough County offers several public and private school education options to military families. Hillsborough County Schools are organized into three groups—Elementary (Kindergarten to 5th grade); Middle School (6th through 8th grade); and High School (9th through-12th grade).

Students living on MacDill AFB may attend Tinker Elementary School (8207 Tinker Street, MacDill AFB, FL 33621, Phone: 813-840-2043, Fax 813-233-3664); Monroe Middle School (4716 W. Montgomery Ave., Tampa, FL 33616, Phone: (813) 272-3020, FAX 813-272-3027); and Robinson High School (6311 S. Lois Ave, Tampa, FL 33616, Phone: 813-272-3006, FAX 813-272-3014)

For information about Pinellas County, go to <http://www.pinellas.k12.fl.us/>

For this and additional information about all county school districts go to: http://www.fldoe.org/schoolmap/flash/schoolmap_text.asp

Registration, Immunizations, & School Entry Requirements

In Hillsborough County a child registering to enter Kindergarten must be five years of age before September 1, 2008. Military children entering Florida public schools are given priority placement in gifted and special needs programs and voucher scholarships. Military dependents transferring into Florida's public school system as high school seniors are exempt from the exit exam requirement for graduation. They are allowed to substitute a standard assessment such as SAT or ACT.

All children registering to attend Florida schools, pre-kindergarten through 12th grade, must complete the following requirements:

- ☑ **Certification of immunization form which documents completion of all doses.** The approved Florida Certificate should be available through your health care provider. Additional guidance regarding 2008 immunization require-

ments, which have changed from previous years, is available [here](#).

- ☑ **Proof of health examination conducted within one year before entering school and signed by a physician.** The [School Entry Health Exam guide](#) contains directions, time limits, and exemptions, as well as other important information in completing this form.



- ☑ **Immunizations are required for diphtheria, measles, mumps, pertussis, polio, rubella and tetanus.** Comprehensive Florida school

immunization guidelines can be found [here](#).

- ☑ **Documentation**, such as a birth certificate and proof of residency, is also required.

For school district specific information, contact your local school district by visiting http://www.fldoe.org/schoolmap/flash/schoolmap_text.asp

Key Information for Military Families

- ✎ All military personnel and their dependents receive in-state tuition at any of Florida's eleven state universities and 33 community colleges. This benefit is available to any military personnel living in Florida or in a contiguous county outside our state lines.
- ✎ Pay particularly close attention to Florida's Bright Futures scholarship program. The scholarship can fund up to 100% of college tuition and military dependents are eligible if classified as Florida citizens.
- ✎ Military children in Florida public schools are given priority placement in gifted and special needs programs and voucher scholarships.
- ✎ Military children who transfer into Florida's public school system as high school seniors are exempt from the exit exam requirement for graduation. Florida's exam is based on state standards, and may be unfair to students new to the state system. They are allowed to substitute a standard assessment such as the SAT or ACT.
- ✎ Dependents of Florida service men and women who have given their lives in the war on terror are eligible for college funding. These scholarships are honored at all Florida public universities and community colleges.

Florida Schools Make the Grade!



According to the Florida Department of Education, in 2008 Florida schools earned more "A's" and "B's" than ever before. Of the 2,889 schools graded this year, nearly three quarters (2,125) are considered to be high performing (receiving either an "A" or "B"

grade). Additionally, the number of schools considered to be low performing decreased significantly compared to last year. Parents will receive a school report card that provides a comprehensive look at their child's school, with results under state and federal standards, as well as information on spending at the school level. To view the 2008 School Grades and AYP fact sheet, visit <http://schoolgrades.fldoe.org/pdf/0708/factsheet.pdf>.

To view school grades and AYP results, visit <http://schoolgrades.fldoe.org>.



Homework Tips

- ✎ Make sure your child knows that homework is an important priority.
- ✎ Establish a regular time each day for completion of homework and special projects.
- ✎ Plan ahead by ensuring any special project supplies are readily available at the regularly scheduled time for homework.
- ✎ Help your child organize by providing an organizer that contains a calendar and daily assignment sheet.
- ✎ Ensure your child has a comfortable, quiet, clean and well-lit place to study.
- ✎ Discourage distractions including television and telephone calls.
- ✎ Be available to answer questions; however, ensure your child retains primary responsibility for completing homework and special projects.
- ✎ Spot check answers.
- ✎ Contact teachers if homework problems occur.

Free online homework assistance is available at tuitionplaza.com and Algebra.com. Check with your local school and public library also for free after school tutoring. (Please note that a number of websites charge a fee for assistance.) Power Hour, a Boy's and Girl's Club program is available to MacDill AFB Youth Center members ages nine and above. Tutoring is also available to younger students enrolled in the School Age Program.

Military OneSource: Here to Help

Military OneSource is a free support service provided by the Department of Defense that provides assistance and resources to Service members and their families on a broad spectrum of issues including dependent education. Information about issues of special interest to military families is available on the website and by phone. Individual consultations with trained specialists may be arranged in the following areas:

- * **Education.** Information about education issues of special interest to military families is available on the web site and by phone.
- * **K-12.** Help locating a school when you move, understanding school ratings, finding homeschooling resources, or evaluating public and private schools.

Dial 1-800-342-9647 or visit www.militaryonesource.com. A Military OneSource consultant will listen, discuss your needs and concerns with you, and help you assess the situation. Most consultants have military experience and all have been trained on military culture. When talking with a consultant, the limits of confidentiality will be explained.



MacDill AFB Youth Center

After school activities are a great way for new arrivals to acquaint themselves with peers. The MacDill AFB Youth Center provides great after school programs in one convenient location. The

Youth Center 2008-09 School Year Program provides activities in the following five core program areas for youth ages 9-18: Character and Leadership Development; Education and Career Development; The Arts; Health and Life Skills; and Sport Fitness and Recreation.

Membership is required to participate. Annual membership is \$36.00 per child. Non-members may pay a fee of \$2.00 per day. The Youth Center is located at 7811 Hangar Loop Dr. For additional information call 828-7956.

Programs and activities offered at MacDill's Youth Center help improve and maintain the physical, social, and mental well-being of youth to include year-round programs and wholesome leisure-time experiences. Not only are there games, crafts, music, and sports for the after school kindergarten age members, but youth up to 18 years of age can learn how to become meaningful members of their community.

The Center serves youth 5 to 18 years-of-age with special features such as the

School Age Program, Summer Camp, and Mactivities. Field trips, dances, seminars, instructional classes, sports, and special events are just a few of the options available.



Instructional classes in ballet, acrobatics, jazz, tap, Tae Kwon Do, and sports help make this a well-rounded program. A diversified sports program offers Little League and winter baseball, soccer, winter and summer basketball, flag football, and cheer-

leading for MacDill youth.

Teens have their own area where they can come to "just hang out," play Nintendo or Sega, pool, ping-pong, or get homework assistance. The center hosts membership nights, food and game nights, dances, and has a complete stereo system.

The Youth Council meets monthly and gives teens the opportunity to be active participants in planning activities and events. Valuable developmental skills are applied in team-building concepts and planning.

Other services offered include a Before & After School Program, a "Safe Haven" for Youth Social Interaction, Youth Trips, and FitFactor.

FAMILY SUPPORT AND NOTIFICATION DATA

All CENTCOM service members must enter and keep up-to-date the "Family Support Notification Program" in the online "What About Me" program, located in the lower left hand corner on the CENTRANET on the Secure Network (SIPR).

This info is used by units/directorates for family readiness issues, accountability of family members in the event of a disaster (i.e. hurricane evacuation tracking), unit activities, Unit & CENTCOM Family Newsletters and to keep in touch with spouses during deployments.

The CDC provides hourly and weekly care for children as young as 6 weeks through 5 years of age. Full day care is provided for 156 children at Bldg 381 (CDC #1) and 188 children at Bldg 395 (CDC #2).

A current immunization record is required for entry into the centers. According to the CDC, their "well-rounded developmental programs are held in high regard when planning child care activities. Our program is Accredited by the National Association for the Education of Young Children, so you know you are getting the best care possible for your child. A happy environment is maintained, which promotes social awareness, sharing and friendship among children. All meals and snacks are prepared in accordance with USDA guidelines. Our programs are inspected at least four times a year by base agencies and Air Force personnel to ensure health, safety and program guidelines are maintained."



The MacDill Child Development Program operates two Child Development Centers, and enrollment is available on a priority basis. Both centers are DoD Certified and NAEYC accredited offering quality early childhood programming specializing in learning through play. Additionally both sites are participants in the Florida Voluntary Pre-Kindergarten Program for eligible children four and five years of age.

Give Parents a Break Program

This program offers Child Care for families with deployed sponsors or families under stress. Referrals are made by base agencies and First Sergeants. This program is offered two Saturdays a month, for up to four hours, alternating morning and afternoon hours. Parents are able to use the time to handle personal business, grocery shopping, etc. with peace of mind for the well being of their young ones.

MacDill's Officers' Spouses' Club (MOSC)

New to the Tampa Bay area? Come get to know us at our monthly events the third Thursday of every month.

Learn about MacDill AFB and the Greater Tampa Area. We participate in community service projects and charitable events that support our base and local area.

Membership is open to all active duty and retired officers' spouses, coalition forces spouses, and officer equivalent civilian grade spouses.

We have Reservations and Thrift Shop Liaison committee positions open.. If you are interested in any committee positions or would like to join the MOSC, please contact Renee Brunelle at reneebrunelle@hotmail.com or 850-445-4447.

Regular Membership is \$48
(Active Duty Spouses)

Associate Membership is \$24
(Retiree and Coalition Forces Spouses)

We Provide...

- Child care options both on and off base
- Enrollment at MacDill's School Age Program and Child Development Centers

For more information give Jane a call at
(813) 828-5750

Hours of Operation

Resource & Referral Office
Mon-Fri • 8:30 am - 5pm

Family Child Care
Mon-Fri • 8:30 am - 5:30 pm

CDC's 1 & 2
Mon-Fri • 6:30 am - 6 pm

School Age Program
Mon-Fri • 6:30-8 am & 2-6 pm

Parenting a Special Needs Child When Your Spouse is Deployed

Deployments are tough for most military families. But if you're the parent of a child with special needs, you'll be carrying an especially heavy load when your spouse is deployed. Even if it's just for a few months, you may need to depend on family, friends, and installation services for help and support. Careful planning and a positive attitude



Don't be afraid to ask for help during a deployment.

can go a long way toward making the deployment easier for the whole family. Before your spouse deploys, line up support and organize your schedule. And be sure to take some time to plan for any emergency that may come up while your spouse is deployed.

A **support system** is critical. The emotional and practical support of friends and family during a spouse's deployment is important for any family, but especially so for families with special needs children.

Respite Care is important, even for families who do not use child care on a regular basis. Plan ahead for someone to give you a break so you can run errands or take some time for yourself. Available resources include the following:

- * **TRICARE.** Respite care is available through TRICARE for those families who have the Extended Care Health Option (ECHO). For more information visit [TRICARE](#) on the web.

eligible for Medicaid, you may be able to take advantage of a Medicaid respite care program. Call your local Medicaid office for details.

* **Exceptional Family Member Program (EFMP).** Your installation's EFMP coordinator may have information about other resources for respite care. At MacDill AFB contact Amn Zubaida Qureshi located in room 242 of the 6th Medical Group, located at 8415 Bayshore Drive, call 827-9487 or email

zubaida.queshi@macdill.af.mil.

Help your child understand the upcoming deployment. Although your child may not fully understand what deployment means, the use of visual aids such as a calendar to mark the days, *Kisses to the Home Front*, described on page 15, or maps that mark progress may help deployment seem more concrete.

Communication with teachers and therapists. Teachers and therapists should be aware of any changes in the household. It's important for them to recognize that sudden changes in a child's behavior may be a result of trying to cope with a parent's deployment.

Organization. Ensure all medical records, IEP documents, and other related information is in one place. TRICARE has developed an organizer called the Special Care Organizational Record (SCOR) for families with special needs. You can download the

SCOR at <http://www.tricare.mil/specialneeds/>.

Videotape or record your spouse reading books. Your spouse's voice and image will continue to reassure your child months into the deployment.

Create rituals. With the help of your spouse, focus on daily routines you can keep after the deployment begins. For example, you can create an evening routine of playing a tape of the deployed parent reading a book, then kissing the parent's picture goodnight.

Plan for emergencies. Be sure to make a plan for an emergency like a flood, hurricane, or other natural disaster. Do you have somewhere to go in case of an evacuation? Make sure your deployed spouse knows what your plan is and where to contact you if you have to evacuate. Make an emergency kit for your car in case you need to evacuate. Go to <http://www.aafes.com/docs/disaster.htm> for more information about disaster preparedness.

Take care of legal and financial matters and other necessities. Before your spouse leaves, make sure you have a power of attorney, medical power of attorney, or guardianship, if necessary. Your installation's legal assistance office can help prepare the necessary paperwork. You'll also want to make sure your spouse has made an allotment so you are financially prepared for the deployment.

The [DoD Special Needs Parent Tool Kit](#) has comprehensive information and tools that are geared towards helping military families with special needs children navigate the maze of medical and special education services, community support and benefits and entitlements.

Exceptional Family Member Program (EFMP)

Issue 25
Aug/Sept 2008

The Military Services use the term Exceptional Family Member Program (EFMP) to refer to two different functions: a personnel function and a family support function.

The EFMP personnel function...

- ❖ Is a mandatory program for all active duty Service members.
- ❖ Is standard across all Services.
- ❖ Identifies family members with special medical and/or educational needs.
- ❖ Documents the services they require.
- ❖ Considers those needs during the personnel assignment process (especially when approving family members for accompanied travel to overseas locations).
- ❖ Involves the personnel and medical commands and the Department of Defense educational system overseas.

The EFMP family support function...

- ❖ Is not mandatory. [DoD policy on family centers](#) allows, but does not require, the Military Services to offer family support services to exceptional family members within the Military Services' family support systems.
- ❖ Differs from Service to Service.

At MacDill AFB contact Amn Zubaida Qureshi located in room 242 of the 6th Medical Group, located at 8415 Bayshore Drive, call 827-9487 or e-mail zubaida.qureshi@macdill.af.mil for more information.

Enrollment

EFMP enrollment is mandatory and required immediately upon identification of a special need. The required forms for enrollment are:

[DD Form 2792, Exceptional Family Member Medical Summary](#) for medical issues only, and [DD Form 2792-1, Exceptional Family Member Special Education/Early Intervention Summary](#) for educational issues.

Education

Federal law governing the education of children with disabilities divides the programs available to children by age. The Individuals with Disabilities Education Act provides:

- ❖ [Early Intervention Services](#) for infants and toddlers (*birth to three years of age*) who have a developmental delay or who are at high risk for a developmental delay.
- ❖ [Special Education](#) for children from 3 to 21 who have been found to have a disability.
- ❖ [Children over 21](#): When a child turns 21, or graduates from high school, he or she is no longer eligible for special education. There are other programs that can provide assistance. Great care should be taken in preparing a child with a disability for life after school.

Federal Laws

Two federal laws provide the legal foundation for the education of children who have disabilities:

- ❖ [Individuals with Disabilities Education Improvement Act of 2004](#).
- ❖ [Nondiscrimination Rehabilitation Act of 1973, Section 504/Regulations](#) Section 504 of the Rehabilitation Act prohibits discrimination against people with disabilities by any agency or organization that receives federal funds.

Both IDEA and Section 504 reinforce and strengthen each other. They both stress that young people with disabilities must have every possible opportunity to take part in the normal life of school, both in academic and extracurricular activities.

Visit the [web](#) for more information about this legislation and the Americans with Disabilities Act.

Kisses to the Home Front



A friend of mine at Fort Campbell gave me a tip that has helped my three year old tremendously. I have filled a mason jar with Hershey kisses equal to the number of days left in Daddy's deployment. Each morning she gets a kiss from Daddy and when all his kisses are gone, she knows Daddy will be home. Granted...I will be able to add some kisses should he be extended!
~Victoria Glynn

Childcare Backup Plans: When a Spouse Deploys

When one parent deploys, the remaining parent needs an emergency back up plan that provides for uninterrupted child care should an accident or illness prevent them from effectively parenting. Having such a plan in place also prepares children in advance, provides peace of mind and lessens family stress should it become necessary to execute the plan.

Plan Ahead

Prior to your partner's deployment, discuss who is best suited to respond to your children's needs should you become incapacitated or die while your partner is deployed. These may not necessarily be the same person.

Select both a short-term and long-term provider. A short-term provider should be someone, often a friend or neighbor, who can respond immediately, but only for a limited period of time. A long term-provider may or may not be able to respond immediately. In this situation, the short-term provider can step in until the long-term provider arrives. This arrangement is especially useful where a relative designated as the long-term provider lives out of town.

Identify a backup in the event that due to vacation plans or for some other reason, the provider selected is not immediately available.

Consider factors such as

- ✦ Their ability to maintain the strength and energy to keep up with your child and help them adjust
- ✦ Their ability to assist your child with homework
- ✦ Their ability to keep them on a familiar schedule and maintain important family values such as child-rearing philosophies and religious beliefs, etc.
- ✦ Other family members in the home and how your child interacts with them.



At a minimum, your backup plan should include names, phone numbers, and schedules of the people who have agreed to care

for your children in an emergency. Identify which have agreed to care for your children long and short term.

- ✦ *Provide your spouse's contact information* including the name and address of the military unit, commander or first sergeant, family readiness coordinator and supervisor's name and telephone number.
- ✦ *Provide a limited power of attorney* authorizing your backup caretaker to obtain emergency medical care for your children.
- ✦ *Include the names and phone numbers* of your children's pediatrician, dentist, schools, teachers, childcare providers, and other caregivers in their lives.
- ✦ *Write down your children's schedules* including when they leave for school or child care and when they return home. Also be sure to list any extra-curricular activities such as dance lessons or scouts.
- ✦ *Describe favorite toys and foods,* likes and dislikes, as well as any special bedtime or other rituals or important home routines.
- ✦ *List any food allergies, medical conditions, medications* and where they are located, instructions for administering them, and include instructions on how to order refills.
- ✦ *Copies of Military ID cards* for children over ten.
- ✦ *Copies of your children's medical and dental plan cards* if other than TRICARE.
- ✦ *Copies of your spouse's most recent military orders.*

Communicating Your Plan

Communicate your plan by providing copies to designated providers, your employer, close friends, and family and keep a copy at home as well. If they are of age, make sure your children know the plan and who should be contacted in an emergency. Leave an emergency contact list at your children's schools and with child care providers. Be sure to write down the names and numbers of the people who are authorized to pick up your children and who will care for your children.

Keep the plan and all data current.

Should circumstances change, find a replacement and update your backup plan accordingly.

Review your plan every six months and when changes occur, provide an updated plan to all concerned individuals.

Hopefully circumstances will not require you to put your emergency backup plan into action. However, once in place, it should give you and your family one less thing to worry about should circumstances change during your partner's deployment.

Going Back to School as a Military Spouse

Going back to school sets a good example and can be rewarding—

both in the short term and in the future. It can increase your earning power, help you climb a career ladder, and widen the range of jobs available to you.

As a military spouse, you face some extra challenges, including frequent relocations that can make it harder to complete a degree or certificate program. Fortunately, resources are available especially for military

spouses who are going back to school.



It's important to think of going back to school as an investment of time and money that will pay off in the future.

Try not to let barriers such as finances and child care get in the way of pursuing your education. A technical certificate or college degree offers many advantages.

For additional information, visit [Military OneSource](#).

Alaska Sea Services Scholarship

The Alaska Sea Services Scholarship annually awards up to four \$1,000 scholarships for undergraduate education to dependent children and spouses of Navy, Marine Corps, and Coast Guard personnel who legally claim Alaska as their state of residence. The application deadline is March 1, 2009, for the 2009 selection board which convenes in April 2009.

To request an application, visit the [Navy League website](#) or send a self-addressed, stamped envelope to Navy League Foundation, 2300 Wilson Boulevard, Suite 200, Arlington, VA 22201-5424.

Remember: Not applying for scholarships is like turning down free money. Get started on your search for scholarships today—visit the [Military.com Scholarship Finder](#).



Finding Funding for Adult Education

The military encourages servicemembers to use all programs available, whether they are from federal, military-related, or private sources. There are many out there, and you'll likely find more than one to suit your educational needs. Here are a few places to get you started.

Tuition Assistance (TA): A financial assistance program providing active-duty personnel 100 percent funding of tuition costs.

The GI Bill: The new GI Bill (Chapter 33) or so-called "GI Bill for the 21st Century," boasts the most comprehensive education benefits package since the original GI Bill was signed into law in 1944.

Federal Student Aid: Federal loans, grants, and tuition programs are available to meet a variety of financial needs and education levels. Work-study programs are also available.

Military Scholarships: There are over \$300 million worth of scholarships for servicemembers, veterans and their families.

Search for [military-friendly schools](#) today to find schools that give you credit for military training and experience.

Are you Ready for Hurricane Season?

With memories still lingering from Hurricane Katrina, commissaries are teaming up with the Armed Forces Emergency Services Branch of the American Red Cross to raise awareness of disaster preparedness throughout the military community.

[Click here to read MacDill AFB's hurricane preparedness newsletter.](#)

Are You At Risk?

If you live in any one of these counties, you ARE at risk! Please learn about your Hurricane Evacuation (HurriVac) Zone.

[Citrus](#)

[Pasco](#)

[Hernando](#)

[Pinellas](#)

[Hillsborough](#)

[Polk](#)

[Manatee](#)

[Sarasota](#)

However, you can be prepared by taking the following actions:

- ◀ Know your [evacuation zone](#). Plan to relocate if your home is in an evacuation zone or is a mobile home.
- ◀ Ensure insurance for vehicles, personal property, and real estate is current and adequate. If you rent or lease, ensure you have a “renter’s insurance policy” and that your geographic location and residence are accurately recorded with your insurance company.
- ◀ [Identify your risk of Flood Damage](#). If you own a home and flooding may be a threat, contact your insurance company and ensure you have coverage against flooding. [Flood insur-](#)

[ance](#) often requires separate coverage. There is usually a two week waiting period prior to the coverage going into effect. For more information, see the [National Flood Insurance Program](#)

- ◀ Create a [household disaster plan](#). Plan to meet your family in case you are separated. Choose an out-of-town contact for everyone to call to say they are safe. Locate the nearest public shelter as a back up to your primary plan.
- ◀ Obtain [supplies](#) to protect your property and for survival.
- ◀ Arrange for the safe keeping of your [pets](#). They cannot be taken to public shelters.
- ◀ Make a complete inventory of personal property; take photographs or video of major items.
- ◀ Ensure your directorate’s Disaster Preparedness Officer or designated Point of Contact knows your anticipated evacuation location. Also include anticipated location of dependents if you expect separate locations. Include email addresses and telephone numbers for each location.
- ◀ [Click Here](#) to download the Hurricane Preparedness Guide from

the Federal Emergency Management Agency (FEMA).

How/When to Act

Decision Point: When a storm watch is issued, you’ll need to decide whether to Go or Stay.

Staying Home: If you remain in your home

- ◀ Implement your [household disaster plan](#)
- ◀ STAY INDOORS.
- ◀ Stay away from windows and glass doors.
- ◀ Fill water containers and clean bath tubs with water.
- ◀ Periodically check your telephone for a dial tone.
- ◀ Prepare to cope with any family members that have special medical needs. What special supplies

and food will you need to have on hand?

- ◀ Do you need to have any special equipment available for after the storm?

- ◀ Put important documents in a safe, water-proof location, such as a water-proof safe, or an ice cooler sealed

with duct tape.

- ◀ Notify out-of-area relatives that you are staying behind



**PREPARATION IS KEY TO
SURVIVING A HURRICANE.**

Are you Ready for Hurricane Season?

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- ❖ Be prepared to live without utilities and normal services for as long as two weeks after the storm.
- ❖ Remain calm.

Leaving: If you evacuate:

- ❖ Implement your [household disaster plan](#)
- ❖ When a hurricane strike is imminent, plan ahead and be prepared to evacuate as soon as the anticipated evacuation order is given.
- ❖ Identify ahead of time where you could go if you are told to evacuate. Choose several places -- a friend's home in another town, a motel, or a shelter.
- ❖ Evacuation orders are mandatory. Don't try to stay behind or argue with authorities.
- ❖ Keep handy the telephone numbers of these places as well as a road map of your locality. You may need to take alternative or unfamiliar routes if major roads are closed or clogged.
- ❖ Listen to [NOAA Weather Radio](#) or local radio or TV stations such as [am970](#) or [Bay News 9](#) for evacuation instructions.
- ❖ Know where you are going. Have a backup plan if roads are too

congested to get out in time. Know your designated local shelter.

- ❖ Take your [hurricane box](#) with you.



- ❖ Before leaving your home, shut off all gas appliances and water at root valves. Shut off main electrical breakers. (NOTE: consider leaving refrigerator circuit on.)
- ❖ Be alert for [tornadoes](#), which are often spawned by [hurricanes](#).

- ❖ Do not bring pets, alcoholic beverages, or weapons to public shelters.
- ❖ Keep important papers, especially insurance policies, with you at all times.
- ❖ Constantly monitor your radio for the latest information on the storm movement or until the "All Clear" has been issued.
- ❖ Notify other family members where you will be.
- ❖ Do not try to return to your home until local authorities grant permission. Expect limited access and curfews during recovery operations.

For Further Hurricane Information

- [National Weather Service \(NWS\)](#)
- [National Oceanic and Atmospheric Administration \(NOAA\)](#)
- [Federal Emergency Management Agency \(FEMA\)](#)
- [FEMA Hurricane Preparation Guides](#)
- [National Hurricane Center](#)
- [NWS Hurricane Awareness site](#)
- [NOAA Hurricanes site](#)
- [Frequently Asked Questions](#)
- [FEMA Tropical Storm Watch](#)
- [FEMA Hurricane Info](#)
- [FEMA for kids](#)
- [COMET Hurricane Strike!](#) for students
- [NCDC: Hurricanes](#)
- [American Red Cross](#)
- [FEMA](#)
- [Institute for Business & Home Safety](#)
- [CDC - A Prevention Guide to Promote Your Personal Health and Safety](#)

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Back to School Breakfast Ideas



According to studies, children who regularly eat a healthy breakfast perform better on standardized tests, have fewer disciplinary problems and are less hyperactive than children who skipped breakfast. A healthy breakfast should consist of some protein and some fiber. Protein can come from low fat meats, eggs, beans, or soy. Fiber can be found in whole grains, vegetables and fruits. Avoid sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave your child hungry and tired in a couple of hours. This also may result in them consuming more at lunch. However, a healthy breakfast consisting of protein and fiber will satisfy their hunger and will keep them feeling full, and therefore, more attentive.

Healthy Breakfast Options

A healthy breakfast can be something as simple as a hard boiled egg, an orange, and a bowl of whole grain cereal with low fat milk.

Whole grain toast served with peanut butter or almond butter and a glass of milk. Peanut and other nut butters are delicious sources of protein and when combined with milk, you get all of the amino acids you need.

Another delicious option is an omelet consisting of two eggs, mushrooms, tomatoes, green onions, peppers and one ounce of shredded cheese with an apple and a glass of low-fat milk. Eggs are an excellent source of protein and lutein, which helps to keep eyes healthy and they also help your child feel full.

For finicky eaters or on hot days when a child may not necessarily feel up to eating a big breakfast, try protein powder in a fruit smoothie.



Tropical Breakfast Smoothie

- 1 cup chopped peeled mango
- 1 medium ripe banana, frozen, peeled and sliced
- 1 cup fat-free milk
- 1/2 cup reduced-fat plain yogurt
- 1/2 cup unsweetened pineapple juice
- 1 tablespoon protein powder

Blend the mango and banana with the milk, yogurt, pineapple juice and begin adding the powder as the texture becomes smooth.

Fruit Medley Protein Smoothie

- 1 tbs of protein powder (or recommended amount)
- 4 strawberries
- 8 cherries without seeds
- 5 peach slices
- 1/2 a banana
- 1 cup of nonfat milk

Blend the assorted fruits with the milk. Begin adding the powder as the texture becomes smooth. The milk may also be replaced with orange juice or fruit punch for a non dairy protein.

Sunflower Seed Snack Mix

- 2 cups raw sunflower seeds
- 1 cup pine nuts
- 1 cup raw pumpkin seeds
- 1 cup raisins
- 1 cup dried cranberries

Measure the ingredients into a paper bag, fold over the top of the bag, and shake to mix.

Store the mixture in an airtight container.



Commissary Case Lot Sale

Up to 50% off

Coming in September!
Visit www.commissaries.com
for more information

The traditional lunch pail meals for students is as old as the American education system itself. You may have heard your parents or grandparents reminisce about lard buckets filled with delights such as a piece of fatback between two cold biscuits with a little sorghum syrup on the side. Fortunately, times have changed. And today's lunch time offerings are only as limited as the preparer's imagination.



Sweet Potato Chips

2 medium sweet potatoes
2 tbsp. olive oil
Salt and pepper
Paprika

Preheat the oven to 450 degrees. Peel 2 medium sweet potatoes and slice as thinly as possible or cut into a French fry shape. Toss with 2 tablespoons of olive oil and spread in a thin layer on a cookie sheet. Sprinkle with salt, pepper, and paprika. Bake about 20 minutes or until crispy. Makes 4 servings.



Peanut Butter Cookies

As a special and occasional treat, cookies and milk are just as desirable an after school snack as they were when we were kids.

1/2 cup butter or margarine	3/4 tsp soda
1/2 cup granulated sugar	1/2 tsp baking powder
1/2 cup brown sugar	1 1/4 cups flour
1/2 cup peanut butter	1/4 tsp salt
1 egg	

Preheat oven to 350 degrees Fahrenheit. In a large bowl, cream together the sugars, butter or margarine, and peanut butter. Next, beat in the egg, and then stir in remaining ingredients. Shape the dough into small balls and place on a lightly greased baking sheet. Then press the dough balls down with a fork to make ridges down the center. Dip fork tines in flour each time before pressing a cookie. Bake at 350° for about 12 minutes. (Bake for a little less time for chewier cookies.) Makes approximately 2 dozen peanut butter cookies.

All-American Super Hero Sandwich

More powerful than a PB & J, the All American Super Hero gives the basic hero extra special powers by adding your child's favorite fixings--sliced onions, red, green or jalapeño peppers, pitted black olives, or sweet pickles.

1 medium hero roll
4 to 6 slices of thinly cut luncheon meats
2 slices American cheese
4 thin tomato slices
1/2 cup shredded lettuce
2 tsp. vegetable oil
2 tsp. red wine vinegar
Salt and pepper to taste

Slice the hero roll in half lengthwise and scoop out some of the soft bread inside. Line both sides of the roll with your child's favorite cheese and luncheon meat. Top with the tomato slices and shredded lettuce. Sprinkle the surface evenly with the oil and vinegar and season with salt and pepper and any special additions. Close up the sandwich, then cut it in half and wrap it in plastic wrap or aluminum foil. Makes 1 large sandwich.

For a vegetarian twist, try substituting grilled veggies garnished with pesto.

The Fight for the Right to Fight: Desegregating the US Military

WASHINGTON, July 23, 2008 – President Harry S. Truman's 1948 executive order that desegregated the U.S. military was a definitive statement of equality that declared all servicemembers must be judged by individual merit instead of their racial background. And according to Secretary of State William Gates, "No aspect of black Americans' quest for justice and equality under the law has been nobler than what has been called, "the fight for the right to fight."

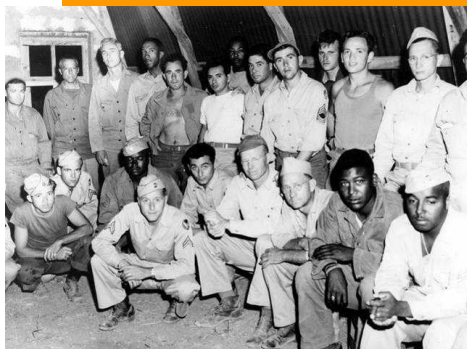
December 6, 1946: President Truman appoints the President's Committee on Civil Rights.

October 29, 1947: The President's Committee on Civil Rights issues its landmark report, *To Secure These Rights*. The report condemns segregation, specifically criticizes segregation in the armed forces, and recommends legislation and administrative action "to end immediately all discrimination and segregation ... in all branches of the Armed Services."

July 26, 1948: President Truman signs Executive Order 9981, which states, "It is hereby declared to be the policy of the President that there shall be equality of treatment and opportunity for all persons in the armed services without regard to race, color, religion,

or national origin." The order also establishes the President's Committee on Equality of Treatment and Opportunity in the Armed Services.

July 29, 1948: President Truman states in a press conference that the intent of Executive Order 9981 is to end



**American Soldiers
during WWII**

segregation in the armed forces.

September 18, 1948: The White House announces the names of the members of the President's Committee on Equality of Treatment and Opportunity in the Armed Services (called the Fahy Committee, after its chairman, Charles Fahy). The committee's five active members include two African-Americans.

May 22, 1950: The Fahy Committee submits its final report, "Freedom to Serve," to the President, who says in receiving it that he is confident the committee's recommendations will be carried out and that "within the reasonably near future, equality of treatment and opportunity for all persons within the armed services would be accomplished."

Ca. January 1951: The Eighth Army in Korea adopts an unofficial policy of integrating African-American soldiers who cannot be effectively absorbed into segregated African-American units.

March 18, 1951: The Department of Defense announces that all basic training within the United States has been integrated.

April 1951: General Matthew B. Ridgway, head of the United Nations Command in Korea, requests that the Army allow him to integrate all African-Americans within his command.

July 26, 1951: The Army announces that the integration of all its units in Korea, Japan and Okinawa will be completed within six months.

October 1953: The Army announces that 95% of African-American soldiers are serving in integrated units.

Space A Travel Benefits Expanded

Families of deployed personnel are now able to take greater advantage of Space "A" flights. This can mean saving thousands of dollars on travel. The new policy, which went into effect on Dec. 6, 2007, allows dependent spouses and children of personnel deployed for more than 119 days to use military transport within the continental U.S. (CONUS), in addition to overseas destinations. Family members must have a letter from the servicemembers commander verifying their eligibility.

Celebrating Military Desegregation



July 26, 1948, is a day for us all to remember as a historical milestone marking a time away from an old way of thinking and into a new one.

A little more than 60 years ago, Sgt. Isaac Woodard was traveling home after being deployed in service of this country during World War II. Already an American hero, having earned a Good Conduct Medal, one Battle Star, and an honorable discharge, Sgt. Woodard would make another sacrifice for the United States and the military.

Still wearing his uniform, Sgt. Woodard was asked to leave the bus he was riding, escorted down the street by police and beaten by the officers. It is believed by many that this was racially motivated abuse. As a result of the beating, Sgt. Woodard was left blind.

The news touched President Harry S. Truman and motivated him to sign Executive Order 9981 to begin desegregating the military. As we reach the 60th anniversary of that event, we can remember history and be grateful for the evolution brought about by President Truman—and Sgt. Woodard.

This anniversary of military desegregation allows us to join together and remember why we fight as a unit and as a country. Desegregation makes us all equal parts, all necessary parts of the same large team. It makes our military the best and allows TRICARE to provide the best health care.

Thanks to the soldiers who served before us, we enjoy a desegregated military where all service members have the same opportunity to defend the blessings of liberty that are synonymous with the land of the free and the home of the brave: America.

In order to maintain a ready and able force, we must remember the four freedoms that President Franklin D. Roosevelt talked about: freedom for every person to worship God in his own way, freedom of speech, freedom from want and the last is freedom from fear. We need a diverse force to protect those freedoms. And keep in mind that the more diverse our force, the greater our strength.

As TRICARE and the Military Health System celebrate 60 years of military

desegregation, [please click here to read more](#), and [click here to watch a video on the topic](#).

~ Maj Gen Elder Granger

Major General Elder Granger is the deputy director and program executive officer of the TRICARE

Management Activity, Office of the Assistant Secretary of Defense for Health Affairs.



WWII Soldiers with captured Nazi flag

Remembering the Tuskegee Airmen



Seven Tuskegee Airmen pilots spoke earlier this month about their personal experiences as some of the first African-American pilots, their motivations to fly and the challenges they faced being African-Americans during a time of racial segregation.

In the 1940s Tuskegee, Alabama became home to a "military experiment" to train America's first African-American military pilots. In time, the "experiment" became known as the Tuskegee Experience and the participants as the Tuskegee Airmen. For more information on the original Tuskegee Airmen, including educational materials, visit the [Tuskegee Airmen, Inc. website](#).

MACDILL FAMILY RESOURCES

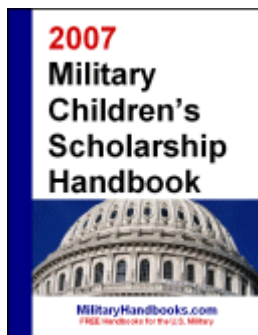
National Military Family Association (NMFA)

The goal of the National Military Family Association is to educate military families about their rights, benefits and services available to them and to promote and protect the interests of military families influencing the development and implementation of legislation and policies affecting them. Tel. 1-800-260-0218 <http://www.nmfa.org>

What's Important to You? Should DoD do more to support families of deployed service members? Is helping military spouses in their careers a priority? How about making it easier for you to get an appointment at your local military medical facility? Should Congress provide bigger military pay raises or housing allowances? NMFA is preparing its list of legislative and policy goals for 2007. We know we will be asked by Members of Congress and others about the critical challenges facing military families, about what's working for them, and about what is important to them. This is your last chance to help us tell them what really is important to military families. Complete our "What's Important?" survey today! Go to: www.nmfa.org/whatsimportant

Visit www.militaryhandbooks.com

for your FREE copy of these and other military handbooks for active and retired US military personnel.



School Liaison Officer Assists families of DoD employees with issues/questions concerning schools in the Tampa Bay area. MacDill's School Liaison Officer is Shirley Smith, 828-0137, DSN 968-0137, shirley.smith@macdill.af.mil

SAT/ACT HELP FOR HIGH SCHOOL STUDENTS

A group of National Football League players and eKnowledge Corp. are continuing their offer of free \$200 SAT and ACT test preparation programs to all active-duty, reserve, and retired military members and their families. **Those who receive the free program pay \$9.95 for the cost of packaging, processing and shipping.**

Visit the DoD website www.militaryhomefront.dod.mil and click on the "Donation: VSG/NFL Players" button at the top left. The web site confirms your military status, then forwards you to the order page. Requests also can be made by telephone at (951) 256-4076. Families can use the program for one year after receiving it. The sponsorship will last through July 1, 2009.



Visit DeploymentKids.com for fun ideas and great information—just for kids!

Our Military Kids, Inc.

(<http://www.ourmilitarykids.org/>) offers grants to children (K thru 12) of deployed and severely injured Reserve and National Guard personnel so they can participate in activities such as youth sports, fine arts and tutoring programs. All children in a family may apply for a grant as long as the child meets all the criteria for eligibility. The \$500 limit applies to each child not to a family. Visit the web-site to download the application.





New Parent Support Program (NPSP), 813-827-9172 for expectant parents or parents of a baby or toddler up to age 3

Registered Nurse Services —Home/Office Visits • TDY/Deployment/PCS/Stress Mgmt • Lending Library -Videos/books • Infant Care and Parenting • Prenatal & Postpartum Changes, Newborn-Three yrs • Relationship Counseling • Growth & Development • Community Resource Referrals

Military Tuition Savings

National-Louis University reduces prices by 43% for active duty military personnel, veterans, military spouses and dependents, National Guard and DoD employees.

Tuition is now \$167 per quarter credit hour for undergraduate degree programs and \$250 per semester credit hour for graduate degree programs.

For more details see: <http://www.nl.edu/military/>

RESOURCES FOR MILITARY SPOUSES

Military OneSource www.militaryonesource.com Free service, available to all active duty, Guard, and Reserve members & families.

Military HomeFRONT www.militaryhomefront.dod.mil Quality-of-life info

Military Spouse Career Center www.military.com Employment for spouses

MyArmyLifeToo www.myarmylifetoo.com Army family-support resources.

Air Force Crossroads www.afcrossroads.com Info & resources .

Fleet and Family Support Programs www.ffsp.navy.mil Links and resources.

Marine Corps Community Services www.usmc-mccs.org Info & resources

CinCHouse www.cinchouse.com Info on deployment, tips, and wellness

Military Spouses' Career Network www.mscn.org Employment info

Military.com www.military.com Info & resources

Military Spouse Help www.militaryspousehelp.com Info & advice.

National Military Family Association (NMFA) www.nmfa.org Info about education, employment, family life, and health care

Army Wife Talk Radio www.armywifetalkradio.com Internet talk radio show designed specifically for army wives *by army wives*.

Military Spouse Magazine www.militaryspousemagazine.com A magazine by, for, and about military spouses.

Spouses to Teachers Program www.spousetoteachers.com Assists spouses of active duty/reserve service members to become public school teachers.

SUPPORTING OUR TROOPS

Many non-profit organizations want to help meet your needs. See what these sites have to offer.

www.americasupportsyou.mil—links to many different groups
www.operationhomelink.org—Free computers for spouses or parents of a deployed soldier in ranks E1 - E5
www.operationuplink.org—Free phone cards
<http://anysoldier.com/ForSoldiersOnly.cfm>—To sign up for sponsoring soldier care packages for theater.
www.operationshoebox.com—free shoebox care package.
www.treatthetroops.org—free cookies.
<http://bluestarmoms.org/airfare.html>—lowest airfare available.
<http://bluestarmoms.org/care.html>—free care packages.
www.heromiles.org—free air travel for Emergency Leave, and for the family members of injured soldiers to travel to Medical facility.
www.bluestarmothers.org/airlinespecials.php—Airline discounts for R & R.
www.booksforsoldiers.com/forum/index.php—free books, DVD's, CD's.
www.militarymoms.net/sot.html—free care packages (your family member signs up to have sent to you).
<http://operationmilitarypride.org/smsignup.html>—free care packages.
www.soldiersangels.org/heroes/submitasoldier.php—get adopted to receive stuff.
www.treatsfortroops.com/registration/index.php
www.carlislie.army.mil/usawc/dclm/milfam.htm—the US Army War College's site providing info and over 350 links to assistance websites

Join the MacDill ESC

The Enlisted Spouses' Club meets at 7 pm on the 2nd Tuesday of the month at the Base Chapel Annex I.

If you are the spouse of an Active Duty or Retired Enlisted service member or the Civilian equivalent, please join us for fund raising, social gatherings, and community service. Spouses that are active duty themselves are eligible for membership. The ESC is open to all branches of the military.

For more information, please contact Samantha Wolf at 610-0061 or email us at macdillesc@yahoo.com.

MACDILL FAMILY RESOURCES

Our Military Kids:

Extracurricular and Tutoring Grants

Our Military Kids (OMK) provides financial support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants for enrichment activities such as sports and fine arts and tutoring programs that nurture and sustain the children during the time a parent is away in service to our country. Grants are available in the amount of up to \$500 per child. OMK grants are made to honor the sacrifices military parents make and to ensure that the children have access to activities and support that help the children better cope with challenges arising during a parent's deployment or injury recovery. Children of Reserve and National Guard military personnel deployed overseas and enrolled in grades kindergarten through high school may apply. For more information or to apply for a grant, visit

www.ourmilitarykids.org



CHILD CARE

The Extended Duty Child Care (EDC) program at MacDill AFB, which supports short notice or unexpected mission related child care, has changed. Under the new program, now known as Expanded Child Care, parents contact providers directly; whereas previously the request was made through the Family Child Care Program. For additional information or if you are either interested in providing this service or need the additional child care support, please contact: Jane Cook – 828-5750 or Paula Cox – 828-7760.



Operation Child Care is a voluntary program designed to support the short-term child care needs of National Guard and Reserve members in Operation Iraqi Freedom or Operation Enduring Freedom. Through this program, child care providers across the country have donated a minimum of four hours of child care services to these members home on official R&R leave. Guard and Reserve personnel who desire to use the program are asked to provide a valid ID card and a copy of official R&R orders. <http://childcare.about.com/b/a/090094.htm>.

In addition, NACCRA and the Department of Defense have partnered to provide families of severely injured military members the ability to find and pay for safe, licensed child care services for a period of six months during the period of recuperation. (Extensions beyond the 6-month period will be considered based upon physician reassessment.) The program is available nationwide wherever the injured member is receiving either inpatient or out-patient medical care. www.naccra.org



TALK, LISTEN, CONNECT:

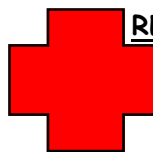
Helping Families During Military Deployment: This Emmy nominated Sesame Street television special is now available on DVD, the bilingual kit helps families with children ages 3-5 cope with emotions and concerns experienced during pre-deployment, deployment, and homecoming. Included is a DVD featuring the beloved Sesame Street Muppets and a parent/caregiver magazine and poster. Order it for free at www.militaryonesource.com or download it at www.sesameworkshop.org/tlc.

Information & Support for Military Teens

- www.militarybrats.com - community message boards and chat forums for children of military service members.
- www.militarystudent.dod.mil - for military child in transition and deployment. Articles for teenagers are offered.
- www.dod.mil/mtom - Military Teens on the Move (MTM) has info about moving and relocation for military teenagers.
- www.afcrossroads.com/kids/crossroads_teens.cfm - for children/teens with links to resources and activities.
- www.deploymentlink.osd.mil/kidslink/grade_select.htm - K.I.D.S. (Kids Information on Deployment Stuff) provides resources and links for military children

Tragedy Assistance Program for Survivors (TAPS)

Families faced with a death of someone serving in the Armed Forces can receive information about TAPS and military survivor programs and connect and share with fellow survivors at www.taps.org. Forums offer a safe, comfortable place to post messages, exchange thoughts and find kindred spirits. Once registered, you can access forums, join our weekly and special chat room sessions and receive e-Newsletters and special news of upcoming events from TAPS. If you have questions regarding the TAPS Forums or other aspects of the Online Community, email info@taps.org or call 1-800-959-8277.



RED CROSS NOTIFICATION

Notify the Red Cross if your spouse is deployed and you have an emergency (death or serious illness in the immediate family) that requires getting in touch with them. Call the Armed Forces Emergency Center at 1-877-272-7337 (24 hours a day)

The American Red Cross is located in Bldg 17 near the Post Office on Florida Keys Avenue. Hours of Operation: Mon, Wed and Fri 9:00-1:00, Tues and Thurs - 11:00-3:00. Non-emergency telephone: 828-3156

The Red Cross will ask for

- *Service Member's full name
- *Social Security Number
- * Branch of service
- *Military unit
- *Rank
- *Name of person involved in the emergency
- *Nature of the emergency
- *Name and location of the hospital (if applicable)
- *Name of the attending doctor (if applicable)

Important MacDill Phone Numbers

Auto Center - 813-828-4553
Before/After School Programs - 813-828-6758
Bowling Center - 813-840-6907
Brandon Family Resource Center - 813-655-9281
CENTCOM Chaplain - 813-827-1723
Child Development Center 1 - 813-828-3332
Child Development Center 2 - 813-828-2244
Civilian Personnel Office - 813-828-2911
Enlisted Club - 813-840-6900
Family Advocacy - 813-828-5192
Family Care Center - 813-828-7760
Fitness Center - 813-828-4496
Golf Course - 813-840-6904
Library - 813-828-3607

MacDill Credit Union - 813-837-2451
MacDill Airman & Family Readiness - 813-828-0145
Marina - 813-828-4983
Mental Health Clinic - 813-828-5315
Officers' Club - 813-837-1031
Outdoor Recreation/Family Camp - 813-840-6919
Skills Development Center - 813-828-4413
Vet Clinic - 813-828-3558
Women's Health Center - 813-828-4979
Youth Center - 813-828-7957
American Red Cross Emergency - 1-877-272-7337
CENTCOM Hurricane Info Line - 1-866-656-7754
MacDill Hurricane Info Line - 1-800-435-9941
Military One Source - 1-866-543-3555

TRICARE CONTACT INFORMATION

www.tricare.osd.mil/

TRICARE General Number

1-888-363-5433

TRICARE North region — 1-877-874-2273

TRICARE West region — 1-888-874-9378

TRICARE South region — 1-800-444-5445

Reserves

www.tricare.osd.mil/reserve/reserveselect

Dental — www.ucci.com and www.trdp.org

Pharmacy Information

www.express-scripts.com/TRICARE

TRICARE Mail Order Pharmacy Info

866-363-8667

TRICARE Retail Pharmacy Info

866-363-8779

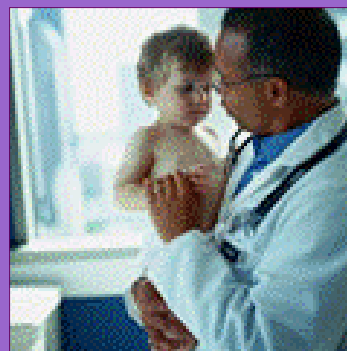
Computer/Electronic Accommodations Program (CAP) — www.tricare.osd.mil/cap

Extended Care Health Option (ECHO) for families with an Exceptional Family Member
1-800-444-5445

MENTAL HEALTH

SELF-ASSESSMENT PROGRAM (MHSAP)

The MHSAP is offered to all branches and components, including National Guard and Reserve members. The MHSAP provides materials designed to help installations conduct mental health and alcohol education events and an online self-assessment program available 24 hours a day, seven days a week, to all military personnel and their families by visiting www.MilitaryMentalHealth.org.



QUESTIONS? VISIT
WWW.HUMANA-MILITARY.COM

Marine For Life—Injured Support

Marines and Sailors are encouraged to create an account and use the Marine For Life network to find jobs, employers, mentors, and other helpful community resources. Direct assistance with problems, questions or concerns is available by contacting the Marine For Life-Injured Support staff at 1-866-645-8762 or email injuredsupport@M4L.usmc.mil

Traumatic Injury Protection under Servicemembers' Group Life Insurance (TSGLI)

Every member who has SGLI also has TSGLI effective Dec 1, 2005. TSGLI coverage will pay a benefit of between \$25,000 and \$100,000—depending on the severity of the loss directly resulting from the traumatic injury. For more information about TSGLI, visit: <http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>

EMERGENCY/URGENT CARE

1. For life threatening medical emergencies, always call 911 or proceed to the nearest Emergency Room. Life threatening is defined as loss of life, limb, and eyesight. Other examples are chest pain and uncontrolled bleeding. If you are enrolled to the 6MDG and your medical need is not emergent, please contact the on-call 6 MDG provider at (813) 828-2273. The on-call provider will assist you in determining whether you should proceed to an Urgent Care Center or whether your medical need can be met the next duty day at the 6MDG.
2. Urgent Care Centers are not meant to take the place of seeing your provider during normal duty hours. During normal duty hours you should always contact where you are assigned to try and get an appointment.
3. Always contact your MTF provider or assigned civilian provider FIRST before proceeding to an Urgent Care Center. If after-hours or on the weekends, you may contact the MTF on-call provider, or if your family is assigned to a civilian provider, you can contact their answering service. You should also write down whom you spoke with on the phone. This way, should an issue come up later with the visit, it will allow TRICARE to better assist you.
4. If directed to an Urgent Care Center, always contact your provider the next business day to request the authorization. Please make sure you give your provider the following information: Date of visit, Name and address of the Urgent Care Center you went to, and Presenting symptoms

Stop by the TRICARE Service Center to speak with a TRICARE representative.

Ms. Kaye Sass, Alt Contracting Liaison Officer (ACLO),

6 MDG TRICARE Marketing POC,

6 MDG Foreign Military POC,

Number: 813-827-9900, Fax: 813-828-4280,

DSN: 651

The TRICARE Office hours of operation are Mon-Fri 0730-1630. To locate a TRICARE network UCC call the Provider Locator at 1-800-444-5445 and follow the prompts. You can also go online at www.humana-military.com, *Beneficiary Resources*, select *Provider Locator*, and choose *Urgent Care Centers*.

Medical Holdover (MHO) Ombudsman Program The purpose of the Ombudsman Program is to provide assistance to MHO Soldiers and their family members. MHO Soldiers and family members who require assistance related to the three cornerstones of the MHO Program: command & control (C2), administrative services and medical care, can call the Ombudsman Team at 1-866-908-2762 or email asamra-ombudsmanhgda.army.mil. The team provides 24/7 operations.

**For Medical Services Call
(813) 828-CARE or Toll Free
(877) 495-7120, Press #**

- 1) To Schedule or Cancel Appointments.
- 2) To Refill, Renew Prescriptions or get Lab Results.
- 3) To Return a call from your Primary Care Manager Team.
- 4) For Tricare Benefit or Referral Inquiries.
- 5) To Speak to a Nurse about a medical problem.


**MILITARY SEVERELY
INJURED CENTER (MSIC)**

THE MSIC IS A 24-HOUR
JOINT SERVICE TEAM
LOCATED IN
ARLINGTON, VA.

CALL 1-888-774-1361 FOR
MORE INFORMATION.

USCENTCOM Family Readiness Coordinators—*Ready at the Front, Ready at the Rear!*

If you have any questions about family support in your unit,
please call to reach the appropriate coordinator.

J1 - PO1 Trotter - 827-6909
J2 - LT Chris Hoggard - 827-3991
LT Andrea Smith - 827-2902
J3 - Capt Michael Ryan - 7-3107
J4 - MSG Maribel Aviles - 827-2213
J5 - MSgt Patricia Fountain - 7-5186
J6 - SMSgt Don Scott - 827-2830
J7 - TSgt George Clark - 827-6215
SGT Dionne Warner - 827-6214
J8 - OS2 Bobby Keenes - 7-6214
HC - TSgt Henry Manjarres - 7-6513
IG - SFC Jonathan Palmer - 827-6661
JA - Mrs. Wanda Grady - 827-6442
PA - YN2 Patricia Kamadia - 7-5895
SG - TSgt Elizabeth Seback - 827-6397
SJS - Ms. Sandra Wright-Dent - 827-6555
Chaplain - SFC Gregory Starling - 827-2462
SOCCENT - Capt Brandon Kelly - 8-3290
MARCENT - Maj Brad Gordon - 827-7140
CCC - Maj Flossie Lomax - 7-5112

The USCENTCOM Family Readiness Program salutes our military spouses and children. We are keenly aware of the sacrifices made by USCENTCOM families and are deeply committed to supporting them in their selfless service to our nation because we believe...

...Families share in their uniformed member's proud military service.

...Military families face unique challenges as a result of the distinctive demands of service life.

...In our duty to maintain the highest level of family readiness by preparing families for all critical phases of deployment during crisis or war.

...In the special responsibility of Directorate/Special Staff Offices to develop and zealously support family readiness with well-trained Family Readiness Coordinators capable of the timely delivery of critical and routine information.

...In our obligation to provide information that eases the transitions associated with the mobile military lifestyle.

HQ USCENTCOM

7115 S. BOUNDARY BLVD

MACDILL AFB, FL 33621

OFFICIAL BUSINESS

TO: